

ask Medicare

Information to Help You Care for Others



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Visit
medicare.gov/caregivers
for the latest
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Coming next edition:

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Stay Active, Stay Healthy

We all know that **staying active** keeps you healthy at any age. Gardening, walking, or whatever activity you enjoy can reduce the risk of many chronic conditions and help manage many existing conditions, including arthritis pain.

The **“Welcome to Medicare” physical exam** is a great way to learn about your risk factors and get tips for staying active in a healthy way. Medicare covers this exam when you get it during the first year you have Part B. Get details at www.medicare.gov.

Still have
questions
about the
H1N1 (swine)
flu? Visit
www.cdc.gov.



CHIP Covers More Kids

If your family doesn't have health insurance, the Children's Health Insurance Program (CHIP) can help pay for your child's doctor visits, dental care, and more. **CHIP has expanded to cover more children, teens and pregnant women than ever**, even if you're working or have been turned down before.

Check into the CHIP program in your state today. Visit insurekidsnow.gov, or **make a free call to 1-877-KIDS-NOW (1-877-543-7669)**.



Prevent Broken Bones

Medicare Part B covers bone mass (density) measurements **at least once every two years** for people at risk for osteoporosis or other bone abnormalities. Detecting and treating low bone mass early can help prevent broken bones.

Ask your doctor if your loved one needs this important test. Learn more about bone mass measurements and other Medicare preventive services at www.medicare.gov.

Tell us what you care about!
Email us at caregiver_comments@cms.hhs.gov.



Get the Most from Doctor Visits

Doctor visits can be stressful — it's easy to forget what you wanted to say or ask. Before your loved one's next appointment, **take time to write down:**

- * Details of any symptoms
- * A list of any medications and dietary supplements
- * Questions to ask the doctor

Consider going along with your loved one to listen and write down what the doctor says. For more tips on getting the most from doctor visits, visit nihseniorhealth.gov/talkingwithyourdoctor/toc.html.

7 Questions to Ask About Your Medicine

The **American Academy of Family Physicians** lists 7 questions you should ALWAYS ask the doctor about any new medicine:

1. What does the medicine do?
2. When and how should I take the medicine?
3. What side effects could I have?
4. What should I do if I forget to take the medicine?
5. How will I know whether the medicine is working?
6. Will the medicine react to any other medicines, foods or drinks?
7. Should I avoid any activities while taking the medicine?

Visit this month's featured partner www.familydoctor.org for more information on healthy living.



Report Elder Abuse

Physical violence isn't the only form elder abuse can take: it can also include verbal attacks, threats, sexual abuse, neglect, abandonment, and exploitation. Experts estimate that **fewer than one in six cases of elder abuse is**

reported, meaning many seniors aren't getting the help they need.

If you think someone you know is being abused, contact your local adult protective services agency. Visit www.ncea.aoa.gov for state reporting numbers, or call the Eldercare Locator at 1-800-677-1116.



CAREGIVER TIP: Visit www.healthreform.gov to keep up with new healthcare policies and legislation that may affect you and your loved ones.

Help Your Loved One Pay \$2.40 for Prescription Drugs

Get Extra Help With Drug Costs

For years your loved one paid into Medicare. Now, make sure they get the benefits they've earned. A special Medicare program called **"Extra Help"** helps people with limited income pay no more than \$2.40 for each generic drug and \$6 for each brand name drug.

People who qualify pay no more than \$6 per drug.

Medicare's **Extra Help** can help pay monthly Part D drug plan premiums, annual deductibles, and copays for people who qualify.

Many people qualify and don't even know it.

If you think your loved one won't qualify for **Extra Help**, think again. One Louisiana woman struggled to afford her prescriptions, even with a Medicare drug plan and her \$800 Social Security benefit. Once she learned the value of her home isn't used to determine eligibility, she applied and qualified.

Applying is easy & FREE.

- **Apply online** at www.socialsecurity.gov
- **Call Social Security** at 1-800-772-1213 (TTY 1-800-325-0778) to apply over the phone or request an application
- **Apply in person** at your local Social Security office